



# 2019 Summer Becoming an Outdoors-Woman Workshop

**Join us for a weekend of self discovery and  
adventure in the beautiful Lubrecht Forest!**

The "Summer BOW" workshop is a 3-day event beginning at noon on Friday and ending around 1 p.m. on Sunday. The workshop is held in a camp setting where meals and lodging or tent/camper space is provided.

The weekend is divided into four instructional sessions that run 3.5 hours each. Participants choose from a variety of classes that provide hands-on learning in a comfortable and non-competitive learning environment. Classes are held outdoors as much as possible. Evenings at this weekend workshop are filled with more learning opportunities, fun, and camaraderie.

## Schedule of Events

<u>Friday, August 9</u>		<u>Saturday, August 10</u>		<u>Sunday, August 11</u>	
Participant Check In	10:00 am to 12:00 pm	Breakfast	7:00 am to 8:00 am	Breakfast	7:00 am to 8:00 am
Lunch	Noon to 1:00 pm	Session II	8:00 am to 11:30 am	Session IV	8:00 am to 11:30 am
Welcome/Overview	1:00 pm to 1:30 pm	Lunch	12:00 pm to 1:00 pm	Lunch	11:30 am to 12:30 pm
Session I	1:30 pm to 5:00 pm	Session III	1:00 pm to 4:30 pm		
Social Hour	5:00 pm	Social Hour	4:30 pm		
Book Club	5:00pm	Dinner	6:00 pm		
Dinner	6:30 pm	Evening Program	7:00 pm		
Evening Program	7:30 pm	Door Prizes	8:30 pm		



**MONTANA FISH,  
WILDLIFE & PARKS**

Call Sara at 406-444-5280 if  
you have any questions!

**Registration Process:** Everyone is welcome to send in registration forms now, but during the first week of registration ( May 6–May 10), new participants and previous Montana Summer BOW participants who bring someone new will be processed first. Participants who have only attended a Montana Beyond BOW class (1-day or 1-topic multi-day class) are considered a new participant for Summer BOW. Registrations must be mailed in. No walk-in, emails or faxes will be accepted. Returning participant registrations will be processed by post-mark date. Successful applicants will be notified with a letter of confirmation and directions to the camp. A waiting list will also be generated. Unsuccessful applicants will receive a full refund.

**Lubrecht Forest:** Located near the Blackfoot-Clearwater junction, Lubrecht Experimental Forest is a research and education center operated by the University of Montana. Lubrecht is located 30 miles northeast of Missoula on Highway 200.

- **The Camp** – Lubrecht has a conference center with meeting rooms, lodging and a dining hall accessible to individuals with disabilities. Paved trails connect these areas. No smoking is permitted in the buildings. No dogs (except service dogs) are permitted at the camp.
- **Accommodations** – Participants can choose from the following options. The **Lodge** provides accessible dormitory style rooms with 2 single beds with linens and a bathroom down the hall. The rustic **cabins/box cars** sleep up to 6 people and have bunk beds and electricity. Shared shower-bathroom facilities are located a short walk from the cabins. Cabin dwellers must bring their own pillow, sleeping bag or bedding. Participants are welcome to bring **tents or campers**. No pads or hookups are available.

**Hunter Education Certificates:** Participants in **Beginning Shotgun, Beginning Rifle, or Beginning Handgun** must attach a copy of their Hunter Education certificate or NRA certificate. If none, you must have attended the BOW **Basic Gun Handling** class at this or a previous workshop.

**Door Prizes:** Participants have a chance to win door prizes and raffle items at the workshop.

**Silent Auction:** This has become a fun tradition at the workshop. We invite you to bring items for the silent auction, and/or bid on items that interest you.

**BOW Gift Shop:** BOW logo clothing and other useful items are available for purchase during the workshop. All proceeds from the gift shop and silent auction go back to support the Montana BOW program. Cash, credit card and checks accepted.

**Car Pool:** If you are interested in car-pooling, check that on the registration form. We will generate a contact list for those who request it so you can make your own car-pool arrangements.

**Wildfires:** Unfortunately, Montana has suffered from drought conditions off and on for the last several years. If the workshop were cancelled due to the fire danger, all persons registered will receive a full refund.

**Contact Information:** Montana Fish, Wildlife & Parks –(406) 444-9940  
TTY/TDD – Telephone Device for the deaf–(406) 444-1200

**BOW Book Club:** Sandi Vashro can always find a book about Montana history and its people. This year we will be reading ***Evelyn Cameron, Photographer on the Western Prairie by Lorna Milne.*** She and her family settled among British expatriates raising polo ponies on the Powder River in eastern Montana. Documenting the ‘harsh eastern Montana landscape’ she became an ‘extraordinary photographer’. If you would like to participate in the book club discussion, you will need to purchase and read the book before coming to the workshop.

## WORKSHOP DESCRIPTIONS

**Basic Gun Handling**-Learn about several types of firearms and the basics of firearm safety. You'll see how different actions work, how to get the proper firearm fit, and how to safely handle and store firearms. No actual shooting will take place. *\*This class is a prerequisite for anyone who does not have a Hunter Education or NRA certificate and wishes to register for the rifle, shotgun or handgun classes.*

**Birding Basics**-There's more to birds than bright colors and pretty songs. Just what is a feather? Why do some birds migrate hundreds of miles while others endure Montana winters? Why do birds sing? What's the best way to watch birds? How do you use field guides? You'll learn birding basics as well as the best techniques for bird watching. This is a good class to take prior to the Bird Watching class.

**Wilderness Survival 1**-Any outdoor activity can quickly go from fun to an unpleasant or potentially dangerous situation. Don't go outdoors unprepared! Learn the skills you need and the items you should always carry to survive an unexpected night(s) outdoors. This is information every woman should know! *\*This is a prerequisite for anyone who wants to take the Wilderness Survival 2 class.*

**Beginning Fly Fishing** - Learn the basics of casting, tying knots and choosing flies and equipment appropriate to the streams and rivers of Montana. Fishing equipment will be provided, or bring your own. You'll practice dry casting in a field in camp. *\*This is the prerequisite for the Fly Fishing on the Water class.*

**Backpacking: What's Inside Your Pack?**-Being able to comfortably pack and carry all the basic essentials for your next adventure doesn't have to be difficult. Join an REI expert to learn the best ways to distribute gear in your backpack, what fits best where, and the key elements to good, women's backpack fit. You are encouraged to bring your own pack, packed with your gear, and we'll show you how to make it carry as comfortably as possible. An REI fit expert will also help you identify what to look for in good pack fit. You will also have a chance to try many different types of stoves and water filters. You will learn about the conditions in which each will work their best and potential challenges you may face with them in non-optimal conditions. From pumping a liter of water through a filter to boiling water for a freeze-dried meal, you'll experience the gear first-hand.

**Sausage Making 101**-Don't let making sausage intimidate you. Sausage was historically made from trim to use otherwise unused scraps of meat and to keep it from going to waste. You can grind and season meat using equipment you probably already have at home. You'll learn about grinding methods and equipment, cuts of meat, fat, and casings while you make several types of sausage. Maximize your harvest and create delicious delicacies in your own kitchen.

**Beginning Rifle**-Learn the fundamentals of rifle shooting, shooting positions and sighting techniques. This is a wonderful opportunity for people new to shooting or who want to improve their skills. You'll have an opportunity to shoot .22 caliber and larger caliber rifles. *\*Participants must take the Basic Gun Handling class at a BOW workshop between 2016 and this year's workshop or attach a copy of their Hunter Ed or NRA certificate.*

## WORKSHOP DESCRIPTIONS

**Maps & Compass 1**-Come learn basic navigation skills using map and compass to find your way. In this class you'll learn the parts of a compass, how to read a topographic map and how to use them in tandem. You'll learn how to navigate to new locations by following a bearing and pinpoint your location through triangulation. You'll also learn how plan routes using a topographic map. This is a hands-on class with some lecture components. We will have maps and compasses for you to borrow to use during class. Some outdoor exercises are involved so dress accordingly. \*This is the prerequisite for the Map & Compass Field Course.

**Bird Watching**-Get outside for a bird watching adventure. Learn the basics of using binoculars and field guides and discuss bird biology and identification tips throughout the morning. Binoculars and bird field guides will be available to borrow, or bring your own. Dress for cool (windy or rainy) Montana mornings. Both beginner and veteran bird watchers are welcome. Beginners will benefit by taking the Birding Basics class offered Friday.

**Introduction to Archery**-How do you hold a bow? What is a "nock?" This class will teach you how to select bows and arrows and show you other basic archery equipment. Participants will take part in stationary and aerial shooting using a Matthews Genesis bow.

**Beginning Kayaking**-Wide and stable recreational kayaks are the perfect platform for people of all ages to enjoy wildlife viewing, fishing, photography and even camping on Montana's waters. Learn the basics of kayaking with our knowledgeable instructors and bring a sense of adventure; water shoes, old sneakers or water sandals; quick-drying clothing; and a leash for your glasses or anything else you might drop overboard!

**Take a Hike with Sydney Williams**-When former collegiate athlete and competitive skydiver, Sydney Williams, unexpectedly found herself on the other end of a Type 2 diabetes diagnosis and grappling with unresolved trauma from a decades-old sexual assault, she set out on a mission: turn her pain into power. Two hikes across Catalina Island and 80 miles later, she founded **Hiking My Feelings** to help others tap into the mind-body connection and healing power of nature that helped kick her self-limiting beliefs and disease into remission. Sydney will be our Friday evening speaker and is touring the US with REI to share her story. Join her for a morning hike and see what you learn about yourself.

**Cooking with Fire! The basics of cast iron cooking**-Tired of the same old burgers and hot dogs? This class teaches you how to eat better at camp than most do at home. Learn how to select, season and use cast iron. Beginners, intermediates, and lawn chairs welcome! This course will: Provide students with awareness of open fire cooking and burn prevention; Teach students how to season and care for cast iron cookware; Provide budget friendly recipes to feed a pleasing crowd of 20 or more; Demonstrate what tools to use to control heat and provide instruction on how many coals to maintain desired temp.

**Beginning Shotgun**-Learn the basics of shotgun shooting, patterning and different shot shell ammunition. Participants will learn proper shooting stance, firearm fit, and shooting techniques while shooting at clay targets. \*Participants must take the Basic Gun Handling class at a BOW workshop between 2016 and this year's workshop or attach a copy of their Hunter Ed or NRA certificate.

## WORKSHOP DESCRIPTIONS

**Beginning Plant Identification**- This class will expose you to basic plant terminology, observation techniques, and helpful field guides. You'll have lots of "hands-on" identification of trees, shrubs and flowering plants while rambling around the meadows and forests near camp. This class is for someone with no previous formal experience with plant identification.

**Wilderness Survival 2**- You are lost in the woods - now what do you do! See what it takes to set up your own survival camp. Learn how to choose a good site and build a shelter, make fire, and how to signal for search & rescue. Find out if the stuff in your day-pack is what you truly need. *\*Participants must take the Wilderness Survival-1 class at this or a previous workshop AND bring a day pack with the items you would carry.*

**Lightweight Backpacking & Shelters**- It's empowering and exhausting to carry everything you need for a multi-day trip, on your back. With gear getting lighter, now is a great time to learn ways to reduce your overall pack weight. In addition to new gear, we'll share ways to adjust your thinking and packing of your current gear to lighten your load. Shelter is one of the ten essentials for a reason! But beyond survival, it's possible to find ways to be comfortable on your upcoming backpacking trips without carrying a lot of heavy gear. In this workshop, REI experts will help you discover some of the latest and lightest shelter and sleep solutions in the outdoor industry. You'll have a chance to set up different systems and then crawl in to see just how comfortable you can be on your next adventure.

**Backpack Chef:** Gourmet meals from your backpack? Sure thing! Go from basic survival to lightweight, compact yet elegant and decadent dining. Bon Appetite!

**Beginner Handgun**- Learn the fundamentals of handgun shooting, selecting a handgun and safe handling and storage of handguns in the home. *\*Participants must take the Basic Gun Handling class at a BOW workshop between 2016 and this year's workshop or attach a copy of their Hunter Ed or NRA certificate.*

**Map & Compass 2-Field Course**- Bring your water bottle and hiking boots and put your navigation skills to work. This class is designed to let you practice what you learned in the previous Map & Compass class. Walking with a partner you'll navigate to pre-set points on a map. *\*Participants must have completed the Map & Compass class at this or a previous BOW workshop.*

**On the Road** - Does your car, truck or SUV have the gear you need in case of an emergency - for both you and the vehicle? Can you change a tire or jump start an engine? Learn what you should always carry and how to do general maintenance on your vehicle. Yes, you can do this! You'll feel safer and more empowered for your next road trip.

**Nature Journaling**- Learn how to quietly observe nature, reflect on what you see, how you see it, and express this in a journal using words and images. This class is for **any** artistic skill level. You'll learn to develop an intimate relationship with the natural world, discover insights to ourselves, and have fun doing so. Bring a journal and the medium of your choice (pencil, pen, watercolors) if you desire.

## WORKSHOP DESCRIPTIONS

**Fly Fishing on the Water** - Spend a relaxed morning practicing your new fly fishing skills. Participants will travel to a nearby river and practice casting techniques, reading the water, and (hopefully) how to land and release a fish. You'll learn about fishing ethics and safety, too. **\*\* Participants must have completed Beginning Fly Fishing class at this workshop.**

**Intermediate Plant ID-** This class will go into more depth picking up where the Beginner Plant ID class left off. You will learn more about where you will most likely find certain types of plants, and you will learn about identifying noxious weeds in Montana. There is no pre-requisite for this class, but you should have basic plant ID knowledge.

**Kayak Trip-**Practice what you learned on Saturday and join our instructors for a trip down the Clearwater River Canoe Trail. **\* Beginner Kayak class is a prerequisite for this class.**

## Thank You to All Our Sponsors!

### 2019 National Sponsors

Browning  
Ducks Unlimited  
Federal Premium Ammunition  
Leupold  
Lodge  
Pheasants Forever  
Pope & Young Club  
Rocky Mountain Elk Foundation  
SCIF-Sables  
UWSP Foundation  
University of Wisconsin-College of Natural Resources

### 2019 Montana Sponsors

REI  
Trailhead Supply  
Capital Sports Helena  
Free Range Yoga Project  
Montana Fish, Wildlife & Parks  
Snappy's Sports Senter-Kalispell

# BOW Summer 2019 Workshop Registration

Name: \_\_\_\_\_

- ☐ I am a new Summer BOW participant.
- ☐ I am bringing a new Summer BOW participant.  
Name: \_\_\_\_\_ (please mail registrations together)
- ☐ I have been to a Montana Summer BOW workshop before.

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Birth Year: \_\_\_\_\_ Must be 18 to Attend

In case of Emergency, call: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Do you have special dietary needs? Vegetarian    Vegan    Gluten Free    No Dairy    Other  
We will attempt to accommodate your needs.

Please indicate your first (1), second (2) and third (3) choice options for each of the four sessions in the columns below. \* indicates a prerequisite. Please read course descriptions.

Session I Friday Afternoon	Session II Saturday Morning	Session III Saturday Afternoon	Session IV Sunday Morning
___ Basic Gun Handling	___ Beginning Rifle*	___ Beginning Shotgun*	___ <del>Beginner Handgun*</del>
___ Birding Basics	___ Map and Compass 1	___ Beginner Plant ID	___ Map and Compass 2*
___ Wilderness Survival	___ Bird Watching	___ <del>Beginner Kayaking</del>	___ On the Road
___ Beginning Fly Fishing	___ Intro to Archery	___ Wilderness Survival 2	___ Nature Journaling
___ Backpacking	___ <del>Beginner Kayaking</del>	___ Lightweight Backpack	___ <del>Fly Fishing Water*</del>
___ Sausage Making	___ Take a Hike w/Sydney	___ Backpack Chef	___ Interm. Plant ID
	___ <del>Cooking with Fire</del>	___ Beginning Fly Fishing	___ <del>Kayak Trip*</del>

- ☐ I'm a teacher. I would like to receive OPI Renewal Units.
- ☐ I would like my contact information (name, address, phone number and email) shared in the participant information packet.
- ☐ I am interested in carpooling.

T-shirt size unisex (circle one): Small    Medium    Large    X-Large    2XL    3XL

**Scholarships:** A limited number of \$100 scholarships are available for Montana residents who are first-time participants. Please submit a one-page letter explaining your needs and why the scholarship would benefit you. Recipients will stay at the camp and should include a check for the balance of the workshop fee (depending on lodging choice). Preference is given to full-time students and single parent households.

No registrations accepted by phone, email, fax or walk-in, or on forms other than this one.

# BOW Summer 2019 Workshop Registration

Name: \_\_\_\_\_

Workshop Fee-includes instruction, class materials, and use of demonstration equipment.

Please choose lodging:

\_\_\_ \$300 includes lodging in a dorm (double room) and meals

Roommate Name : \_\_\_\_\_

\_\_\_ \$250 includes lodging in a shared cabin/box car and meals.

Roommate Name : \_\_\_\_\_

For the above options, if you do not have a preferred roommate one will be assigned to you.

\_\_\_ I am a night owl \_\_\_ I am an early bird

\_\_\_ \$220 includes tent/camper space (circle one) and meals

\_\_\_ \$200 includes meals; I have my own lodging off site

\_\_\_ Check/money order included with my registration. Make check payable to **FWP**.

\_\_\_ Bill my credit card \_\_\_ Visa \_\_\_ Mastercard \_\_\_ American Express

Name as it appears on card: \_\_\_\_\_

Card # \_\_\_\_\_

Expires: \_\_\_\_\_ / \_\_\_\_\_ Security code on back: \_\_\_\_\_  
Month Year

**Cancellation deadline:** Cancel on or before July 19, 2019, to receive a full refund.

Cancellations made between July 22 and July 26 will incur a \$40.00 processing fee deducted from your refund. Cancellations between July 29 and August 2 will incur a \$100 processing fee deducted from your refund. You may also choose to send a substitute. After August 2 there will be no refund.

Mail completed registration forms and checks to:

FWP-BOW

Attn: Sara Smith

PO Box 200701

Helena, MT 59620-0701

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Workshop and that my participation may result in injury, illness or death and/or damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in this training workshop. I understand that photos or video may be taken for promotion of the BOW program. I agree to allow the use of my image by FWP for any legitimate purpose, such as newsletters, FWP websites, and brochures.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_